

## PUBLIC HEALTH SOLUTIONS SUMMARY

### SUMMARY OF SIGNIFICANT DIFFERENCES COMPARED TO NEBRASKA

- In 2007-2008, the rate for the adult population was significantly better for one indicator in the Public Health Solutions (PHS) area. Compared to Nebraska, prevalence of serious psychological distress was lower.
- Rates for three indicators were worse in the PHS area than statewide. Fewer adults engaged in the recommended level of moderate and/or vigorous physical activity in a usual week. Fewer adults aged 50 and older ever had a colonoscopy or sigmoidoscopy, compared to the state overall. Fewer adults aged 65 and older had a flu shot in the last 12 months.

### SUMMARY OF SIGNIFICANT DIFFERENCES OVER TIME

- The proportion of adults who visited a doctor for a routine checkup in the past year decreased significantly from the 2005 baseline in the Public Health Solutions area.

### HEALTH CARE ACCESS

Among respondents aged 18 to 64 years in the PHS area, 14.3 percent reported having no health insurance at the time of the survey.

In 2007-2008, 13.1 percent of adults in this area stated they did not have a personal doctor or health care provider.

At some time in the past year, 9.4 percent of PHS adults needed to see a doctor but could not due to the potential cost of care.

In the current study, 60.1 percent of adults in this area reported visiting a doctor for a routine checkup in the past year. This rate represents a significant decrease from the 2005 baseline rate of 71.6 percent. Men (50.8 percent) were significantly less likely than women (69.5 percent) in this area to have had a checkup in the last 12 months.

### GENERAL EMERGENCY PREPAREDNESS

In the PHS area, 13.7 percent of adults indicated their household was not prepared for a major disaster. Seven out of ten adults (70.2 percent) stated that they did not have a written disaster evacuation plan.

More than one-half of BRFSS respondents in this area (52.6 percent) did not have a three-day supply of water on hand. Although most households in this county had a three-day supply of non-perishable food, respondents from 18.4 percent of households said they did not. Similarly, 7.8 percent of respondents indicated they did not have a three-day supply of prescription drugs on hand for all household members who required them.

In this area, 14.5 percent of respondents did not have a working battery-powered radio, while 2.1 percent of households did not have a working battery-powered flashlight at the time of the survey.

The great majority of BRFSS respondents in the PHS area said they would leave their homes if public authorities announced a mandatory evacuation due to a large-scale disaster or emergency, but 4.5 percent stated they would not do so. Men in this area (7.7 percent) were significantly more likely than PHS women (1.3 percent) to say they would refuse to leave their homes.

Seven out of ten respondents in this area (72.1 percent) indicated they would use a cell phone as their primary means of communication with family and friends in an emergency situation. About one-half (53.1 percent) said they would use a radio as their means of getting information from public officials in the event of a disaster.

### HEALTH-RELATED QUALITY OF LIFE

Among PHS adults, 88.7 percent considered their general health “good”, “very good”, or “excellent.”

Adults averaged 2.4 days in the past month when their physical health was “not good”. Women in this area (3.0 days) averaged significantly more days when their physical health was poor than men did (1.8 percent).

Respondents in the PHS area averaged 2.5 days when their mental health was “not good”, with women reporting significantly more days with poor mental health than men (3.4 vs. 1.5 days for men).

Among adults who reported days when physical or mental health was “not good”, these problems prevented

them from participating in their usual activities an average of 2.6 days in the past month.

### DISABILITY

In 2007-2008, 15.9 percent of adults in the PHS area stated that they have experienced limitation in one or more activities due to physical, mental, or emotional problems.

A health problem that requires them to use special equipment such as a cane, wheelchair, a special bed, or a special telephone was reported by 6.0 percent of adults in this area.

### MENTAL HEALTH

Only 0.5 percent of PHS adults reported symptoms indicating that they experienced serious psychological distress (SPD) in the past 30 days. Prevalence of SPD in this area was significantly lower than the statewide rate (2.4 percent). Prevalence among women in this area (0.3 percent) was also significantly lower than the rate for women in Nebraska (3.0 percent).

Current depression (based on a Severity of Depression score of 10 or more) was reported by 9.4 percent of adults. Women in the PHS area (15.9 percent) were significantly more likely than men (1.6 percent) to have current depression.

A larger proportion of adults (12.1 percent) said they had ever been diagnosed with a depressive disorder, while 5.6 percent stated they had received a diagnosis of an anxiety disorder at sometime in their life.

### CARDIOVASCULAR DISEASE

In the Public Health Solutions area, 3.4 percent of adults said they ever had a heart attack. The proportion of BRFSS respondents who were ever told they had angina or coronary heart disease was 3.4 percent in this area. Fewer PHS respondents (2.1 percent) said they had ever been told by a health professional that they had a stroke.

The proportion of adults who had ever been told by a doctor or other health professional that they have high blood pressure was 23.1 percent in 2007.

Seven out of ten PHS area adults (71.4 percent) ever had their cholesterol level checked and 67.1 percent had it tested in the past five years. Among area respondents

who ever had their blood cholesterol level checked, 34.1 percent had been told it was high.

### DIABETES

Among PHS area adults, 6.0 percent had ever been told they have diabetes. (This estimate does not include persons told they had gestational diabetes or pre-diabetes).

### ARTHRITIS

One-fourth of adults in this area (23.6 percent) reported ever being diagnosed with arthritis.

### ASTHMA

The proportion of adults in the PHS area who had ever been told they had asthma was 12.6 percent, while 8.0 percent currently have this disease.

### OVERWEIGHT AND OBESITY

Nearly one-third of respondents in the PHS area (31.3 percent) reported heights and weights that placed them in the “obese” category (Body Mass Index = 30.0+). An additional 34.8 percent were classified as “overweight” (Body Mass Index = 25.0-29.9). Thus, 66.1 percent of adults in this area were overweight or obese in 2007-2008.

Men in the PHS area (41.8 percent) were significantly more likely than women (27.8 percent) to report heights and weights that placed them in the “overweight” category.

### FRUIT AND VEGETABLE CONSUMPTION

One-fifth of PHS area adults (20.0 percent) consume fruits and/or vegetables five or more times daily.

### PHYSICAL ACTIVITY

One-fourth of respondents in this area (24.1 percent) stated that they had not participated in any leisure-time physical activity (outside of work) in the past month.

Less than one-half of PHS area adults (43.6 percent) engaged in the recommended level of “moderate and/or vigorous” physical activity in a usual week—a significantly lower rate than the Nebraska average of 53.0 percent. Men in this area (41.8 percent) were also

significantly less than men statewide (54.2 percent) to participate in this level of physical activity.

Participation in the recommended level of “vigorous” physical activity in a usual week was reported by 26.0 percent of respondents from this area.

### **TOBACCO USE**

Among PHS area adults, 15.9 percent said they currently smoke cigarettes, either daily or on some days of the month. Men in this area (14.0 percent) were significantly less likely than Nebraska men overall (21.6 percent) to indicate they are current smokers.

Among current smokers, 53.9 percent reported trying to quit smoking at least once in the past 12 months.

The proportion of male respondents who said they had ever used smokeless tobacco was 41.5 percent in the PHS area, while 10.5 percent stated they currently use these tobacco products.

### **ALCOHOL CONSUMPTION**

Binge drinking in the past month was reported by 17.9 percent of adults in this area, while 7.4 percent engaged in heavy drinking in the past 30 days. Women in the PHS area (9.0 percent) were significantly more likely than women statewide (4.0 percent) to indicate they drank heavily in the past month.

Drinking and driving was reported by 7.6 percent of adults in this area in the last month.

### **CANCER SCREENING**

Among women aged 40 and older in the PHS area, 66.4 percent stated they had a mammogram in the past two years.

Among women aged 18 and older, 95.9 percent reported ever having a Pap test, while 75.3 percent said they had this test within the past three years.

Most men aged 50 and older (76.2 percent) in this area indicated that they ever had a PSA test to screen for prostate cancer, while 66.6 percent said they had this test in the past two years.

A significantly smaller proportion of PHS area adults aged 50 and older (47.6 percent) reported ever having a colonoscopy or sigmoidoscopy, compared to the Nebraska average of 56.1 percent. Men in this area

(45.2 percent) were also significantly less likely than men statewide (55.4 percent) to indicate they ever had this kind of exam.

Among persons in this age group in the PHS area, 19.2 percent said they had a blood stool test in the past two years.

### **IMMUNIZATION**

Compared to the statewide rate of 76.3 percent, a significantly smaller proportion of adults aged 65 and older in this area (70.5 percent) said they had been vaccinated for influenza in the past 12 months. Two-thirds (68.0 percent) reported ever having a pneumonia vaccination.

### **ORAL HEALTH**

Seven out of ten adults in the PHS area (69.2 percent) had visited a dentist in the past 12 months, while 67.8 percent had their teeth cleaned within the past year.

One-third of area respondents (33.0 percent) stated they had one or more teeth extracted due to decay or gum disease. Among respondents aged 65 and older, 17.2 percent reported having all their teeth extracted due to decay or gum disease.

PUBLIC HEALTH SOLUTIONS: SUMMARY TABLE

INDICATORS	OVERALL			MEN			WOMEN		
	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State
<b>HEALTH CARE ACCESS</b>									
1. No health care coverage among adults 18-64 years old	829	14.3	NS	342	14.1	NS	487	15.1	NS
2. Did not have one or more than one person that they thought of as their personal doctor or health care provider	1,321	13.1	NS	520	15.2	NS	801	11.1	NS
3. Needed to see a doctor in past year but could not because of cost	1,319	9.4	NS	521	9.0	NS	798	9.5	NS
4. Visited a doctor for a routine checkup within the past year	1,302	60.1	NS	509	50.8	NS	793	69.5	NS
<b>GENERAL EMERGENCY PREPAREDNESS</b>									
1. Household not prepared for major disaster	495	13.7	NS	203	9.1	NS	292	18.0	NS
2. Household has no disaster evacuation plan	498	70.2	NS	204	68.9	NS	294	72.7	NS
3. Does not have at least 3-day supply of water	503	52.6	NS	205	47.0	NS	298	57.6	NS
4. Does not have at least 3-day supply of non-perishable food	503	18.4	NS	208	19.2	NS	295	17.6	NS
5. Does not have at least 3-day supply of prescription drugs	503	7.8	NS	207	6.0	NS	296	9.2	NS
6. Household has no working battery-powered radio	498	14.5	NS	207	13.7	NS	291	15.0	NS
7. Household has no working battery-powered flashlight	504	2.1	NS	208	2.3	NS	296	1.8	NS
8. Household would not leave home if evacuation were required	471	4.5	NS	188	7.7	NS	283	1.3	NS
9. Household would use cell phone as main source of communication	480	72.1	NS	197	71.2	NS	283	74.2	NS
10. Household would use radio as main source of information	477	53.1	NS	204	52.3	NS	273	55.0	NS
<b>HEALTH-RELATED QUALITY OF LIFE</b>									
1. General health was 'good' to 'excellent'	1,318	88.7	NS	519	90.2	NS	799	86.7	NS
2. Average number of days (in past month) that physical health was not good	1,294	2.4	NS	514	1.8	NS	780	3.0	NS
3. Average number of days (in past month) that mental health was not good	1,308	2.5	NS	519	1.5	NS	789	3.4	NS
4. Average number of days (in past month) that poor physical or mental health prevented usual activities	617	2.6	NS	193	2.2	NS	424	2.9	NS
<b>DISABILITY</b>									
1. Limited in any way in any activities due to physical, mental or emotional problems	1,315	15.9	NS	521	14.1	NS	794	17.7	NS
2. Have health problems requiring use of special equipment	1,318	6.0	NS	521	4.4	NS	797	7.5	NS
<b>MENTAL HEALTH</b>									
1. Had serious psychological distress (SPD) in past 30 days	264	0.5	Sig.	103	0.8	NS	161	0.3	Sig.
2. Have current depression (based on Severity of Depression score of 10+)	221	9.4	NS	85	1.6	NS	136	15.9	NS
3. Lifetime diagnosis of depressive disorder	237	12.1	NS	90	8.5	NS	147	15.4	NS
4. Lifetime diagnosis of anxiety disorder	238	5.6	NS	90	3.2	NS	148	7.7	NS

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<b>CARDIOVASCULAR DISEASE</b>									
1. Ever told they had a heart attack or myocardial infarction	1,316	3.4	NS	519	5.2	NS	797	2.0	NS
2. Ever told they had angina or coronary heart disease	1,310	3.4	NS	516	3.8	NS	794	3.2	NS
3. Ever told they had a stroke	1,320	2.1	NS	521	2.4	NS	799	1.9	NS
4. Ever told blood pressure was high	559	23.1	NS	223	25.0	NS	336	21.3	NS
5. Ever had cholesterol level checked	554	71.4	NS	222	68.9	NS	332	73.6	NS
6. Had cholesterol level checked during the past five years	538	67.1	NS	218	64.8	NS	320	69.2	NS
7. Ever told cholesterol was high, among those who had ever been screened	464	34.1	NS	175	37.1	NS	289	31.4	NS
<b>DIABETES</b>									
1. Ever told they had diabetes (excluding gestational and pre-diabetes)	1,323	6.0	NS	521	6.2	NS	802	6.0	NS
<b>ARTHRITIS</b>									
1. Ever diagnosed with arthritis	550	23.6	NS	221	22.6	NS	329	24.3	NS
<b>ASTHMA</b>									
1. Ever told they had asthma	1,317	12.6	NS	519	12.7	NS	798	12.1	NS
2. Currently have asthma	1,313	8.0	NS	519	7.8	NS	794	8.0	NS
<b>OVERWEIGHT AND OBESITY</b>									
1. Obese (BMI=30+)	1,268	31.3	NS	510	35.3	NS	758	26.8	NS
2. Overweight (BMI=25.0-29.9)	1,268	34.8	NS	510	41.8	NS	758	27.8	NS
<b>FRUIT AND VEGETABLE CONSUMPTION</b>									
1. Consumed fruits and vegetables 5 or more times per day	550	20.0	NS	220	15.5	NS	330	24.2	NS
<b>PHYSICAL ACTIVITY</b>									
1. Did not engage in any leisure-time physical activity, outside of work, in past 30 days	1,322	24.1	NS	520	24.1	NS	802	23.7	NS
2. Participated in recommended level of moderate or vigorous physical activity in a usual week	522	43.6	Sig.	210	41.8	Sig.	312	45.7	NS
3. Participated in vigorous physical activity 20+ minutes per day, 3+ days per week in a usual week	536	26.0	NS	214	27.8	NS	322	24.2	NS
<b>TOBACCO USE</b>									
1. Currently smoke cigarettes (either every day or on some days of the month)	1,321	15.9	NS	519	14.0	Sig.	802	17.7	NS
2. Attempted to quit smoking in past 12 months (among current smokers)	185	53.9	NS	65	57.4	NS	120	52.9	NS
3. Ever used smokeless tobacco (males)	--	--	--	292	41.5	NS	--	--	--
4. Currently use smokeless tobacco (males)	--	--	--	117	10.5	NS	--	--	--

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<b>ALCOHOL CONSUMPTION</b>									
1. Engaged in binge drinking in the past 30 days	520	17.9	NS	203	19.7	NS	317	16.2	NS
2. Engaged in heavy (chronic) drinking in the past 30 days	1,287	7.4	NS	508	6.0	NS	779	9.0	Sig.
3. Engaged in drinking and driving in the past 30 days	389	7.6	NS	197	11.2	NS	192	2.7	NS
<b>CANCER SCREENING</b>									
1. Among women aged 40+, had a mammogram in the past two years	--	--	--	--	--	--	510	66.4	NS
2. Among women aged 18+, ever had a Pap test	--	--	--	--	--	--	622	95.9	NS
3. Among women aged 18+, had a Pap test in the past three years	--	--	--	--	--	--	611	75.3	NS
4. Among men aged 50+, ever had a Prostate-Specific Antigen (PSA) test	--	--	--	61	76.2	NS	--	--	--
5. Among men aged 50+, had a Prostate-Specific Antigen (PSA) test in past two years	--	--	--	61	66.6	NS	--	--	--
6. Among men aged 50+, ever had a digital rectal exam (DRE)	--	--	--	60	75.3	NS	--	--	--
7. Among men aged 50+, had a DRE in past two years	--	--	--	60	60.3	NS	--	--	--
8. Among adults aged 50+, ever had a colonoscopy or sigmoidoscopy	672	47.6	Sig.	260	45.2	Sig.	412	50.2	NS
9. Among adults aged 50+, had a blood stool test in past two years	620	19.2	NS	245	18.6	NS	375	20.0	NS
<b>IMMUNIZATION</b>									
1. Had a flu shot in past 12 months (aged 65+)	488	70.5	Sig.	177	68.9	NS	311	71.8	NS
2. Ever had a pneumonia vaccination (aged 65+)	473	68.0	NS	167	62.9	NS	306	71.7	NS
<b>ORAL HEALTH</b>									
1. Visited the dentist in past 12 months	751	69.2	NS	295	67.8	NS	456	70.6	NS
2. Had teeth cleaned in past 12 months	676	67.8	NS	267	64.8	NS	409	70.7	NS
3. Had one or more teeth extracted due to decay or gum disease	750	33.0	NS	297	32.6	NS	453	33.6	NS
4. Had all of their teeth extracted (aged 65+)	281	17.2	NS	102	15.3	NS	179	18.6	NS

## NOTES:

"Weighted % or mean" is weighted by health district, gender, and age.

"NS" = Not Significant and "Sig." = Significant. These denote whether or not the district percentage/mean is significantly different from the State of Nebraska